

## Brain Quiz *by* MICHAEL SHTEYMAN

### ACROSS

- 1 Stay positive and show a lot of 37-Across (2 wds.)
- 5 Endorphin, released during exercise, can be classified as this type of compound
- 9 Leptin will not be able to do its job if this link stops working (2 wds.)
- 10 Entered (2 wds.)
- 12 Prefix after milli-, nano-, and pica-
- 13 Live and breathe
- 14 One reason for the buildup of amyloid plaques in the brain
- 16 Teachers' org.
- 17 Opposite of "relaxed"
- 20 Affected by unhappiness, as a person with depression
- 22 Chocolate, ice \_\_\_\_, and candy (foods you shouldn't eat every day)
- 24 Rub out, as text
- 26 Physicians' degs.
- 28 Beginning
- 31 Yang's counterpart
- 32 Chemical formula for water, spelled out letter by letter
- 34 Vegetable with antioxidant and anti-inflammatory properties
- 35 Sleep disorder that deprives the brain of oxygen
- 36 Hemoglobin deficiency that can contribute to memory problems
- 37 Positive outlook on life that can help prolong the health of your hippocampus
- 38 Finis (2 wds.)
- 39 \_\_\_\_ leg syndrome (disorder that can interfere with your ability to sleep well)

### DOWN

- 1 Kind of diet that can raise your risk of a heart attack (2 wds.)
- 2 \_\_\_\_ E, antioxidant compound implicated in better brain function in the elderly
- 3 Cortisol, adrenaline, or leptin
- 4 Railroad worker Gage with frontal lobe damage

- 6 "Old dogs" can learn new tricks because the brain is flexible and \_\_\_\_
- 7 DHA is an example of \_\_\_\_-3 fatty acid, the best food for the brain
- 8 What you should do to improve your hand, eye, and foot coordination
- 11 Meditation is one way to distract it from your daily thoughts
- 15 Purple fruit rich in antioxidants that help fight inflammation
- 18 Planet between Venus and Mars
- 19 Captain's cry for help
- 21 Assistance
- 23 What you can do to increase the levels of brain-derived neurotrophic factor, or BDNF, in your brain

- 25 Limbic lobe is responsible for its production
- 26 Certain brain scans, for short
- 27 Contact point between brain cells
- 28 Trying to lose weight (3 wds.)
- 29 Early morning phenomenon
- 30 Emotional or physical injuries that can play a role in memory problems
- 32 Anxiety and stress can affect this organ in your body
- 33 Overweight, as people with a higher risk of hypertension and Alzheimer's disease

The answers can be found at <http://alumnibulletin.med.harvard.edu/bulletin/autumn2008/solution.php>

